

**STAFF USE ONLY**

Date Received: \_\_\_\_\_  
Staff Initials: \_\_\_\_\_  
Date of Tryout: \_\_\_\_\_  
Date of 1<sup>st</sup> Practice: \_\_\_\_\_

## RMSC Swim Team Tryout Request Form

Child's Name: \_\_\_\_\_ Child Age: \_\_\_\_\_ Date of Request: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Contact #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Completed forms can be submitted via scan/email to [swimcenter@rockvillemd.gov](mailto:swimcenter@rockvillemd.gov), fax to 240-314-8759, or in person / postal mail to the Rockville Swim and Fitness Center at 355 Martins Lane, Rockville MD 20850. Once the form has been submitted, please expect to hear from a coach within 7-10 days. We can be reached at 240-314-8750 with questions.

### TO BE COMPLETED BY a RMSC SWIM COACH

Recommendation (Circle One, If Group Lesson, list which level):

ISS/MINI'S (AGE 8 & UNDER)

JUNIOR II (Ages 9-12)

GROUP/PRIVATE LESSONS (NOT RMSC): \_\_\_\_\_

Notes (what strokes or areas the child is not legal in or could improve on): \_\_\_\_\_

### What to expect at Tryouts:

A swimmer will be given a tryout time that is during the appropriate age group practice. Please arrive at the pool 10 minutes prior to the scheduled tryout time in case you have any questions for the coach. All swimmers will be required to wear goggles and swimmers with long hair will be expected to wear swim caps. The BASIC stroke requirements are:

**6 and under:** Ability to complete 2 lengths of Freestyle and Backstroke stopping only at the wall when the length is complete. Blow bubbles under water while swimming. Have an idea of what Breaststroke and Butterfly even if unable to perform the stroke legally. (Swimmers in the "learn to swim" program should have completed Stokers 3 or Mini Swim Team Prep.)

**7 year olds:** All the requirements for 6 and under swimmers. Additional ability to swim 1 length of EITHER Breaststroke or Butterfly legally. (Swimmers in the "learn to swim" program should have completed Stokers 3 or Mini Swim Team Prep.)

**8 year olds:** All the requirements for 6 and under swimmers. Additional ability to swim 1 length of BOTH Breaststroke and Butterfly legally. Ability to complete a 100 IM legally. (Swimmers in the "learn to swim" program should have completed Mini Swim Team Prep.)

**9 – 12 year olds:** Ability to swim 2 lengths of each stroke legally. Complete 4 lengths continuous Freestyle, 4 lengths continuous non-freestyle of a single stroke (Backstroke, Breaststroke or Butterfly), legal 100 IM. Ability to perform or attempt flip turns and hand first dives off the side of the pool. (Swimmers in the "learn to swim" program should have completed Youth 6-Swim Team Prep.)

**\*Please note that the ultimate decision of a child's acceptance onto the swim team resides with the coaches. The above list is a guideline of the basic requirements for a swimmer to be considered\***

## Skills

The following is a list of skills the student must complete to move to the next level. If the student is not able to demonstrate all of the skills for the level, they should enroll in that level.

*Check the skills below:*

Floaters 2 (Ages 4-6) / Youth 2 (Ages 7+)	Strokers 1 (Ages 4-6) / Youth 3 (Ages 7+)	Strokers 2 (Ages 4-6) / Youth 4 ( 7+)	Strokers 3 (4-7)	Youth 5 (7+)	Youth 6 (7+)	Youth 7 (7+)
<input type="checkbox"/> Fully submerge face (15 sec) <input type="checkbox"/> Rhythmic breathing on equipment & wall <input type="checkbox"/> Float on front/back w/o assistance 5 secs <input type="checkbox"/> Glide w/ kick on front & back <input type="checkbox"/> Swim 8 yards on front w/ side breathing <input type="checkbox"/> Swim 8 yards on back using arms and kick <input type="checkbox"/> Explore deep water with comfort	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Swim front crawl for 15 yards w/ side breathing <input type="checkbox"/> Swim back crawl for 15 yards <input type="checkbox"/> Rotary breathing <input type="checkbox"/> Elementary back 15 yards <input type="checkbox"/> Tread water 20 sec <input type="checkbox"/> Jump into deep water and return to pool edge <input type="checkbox"/> Comfortable in deep water	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Jump into deep water and return to pool edge <input type="checkbox"/> Dive from side of pool (kneeling or compact) <input type="checkbox"/> Front crawl 25 yards <input type="checkbox"/> Back crawl 25 yards <input type="checkbox"/> Elem. Backstroke for 25 yards <input type="checkbox"/> Breaststroke kick 15 yards <input type="checkbox"/> Butterfly kick 25 yards. <input type="checkbox"/> Tread water 1 min	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Deep water bobbing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Front crawl with bilateral breathing 50 yards <input type="checkbox"/> Back crawl 50 yards <input type="checkbox"/> Breaststroke for 15 yards <input type="checkbox"/> Butterfly arms 25 yards <input type="checkbox"/> Butterfly kick 25 yards <input type="checkbox"/> Tread water 1 min. <input type="checkbox"/> Open turns at wall	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Deep water bobbing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Elementary backstroke 50 yards <input type="checkbox"/> Front crawl 50 yards <input type="checkbox"/> Back crawl 50 yards <input type="checkbox"/> Breaststroke for 15 yards <input type="checkbox"/> Scissor kick 25 yards <input type="checkbox"/> Tread water 2 min. <input type="checkbox"/> Open turns at wall	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Front crawl 100 yards <input type="checkbox"/> Back crawl 100 yards <input type="checkbox"/> Standing dive from side of pool <input type="checkbox"/> Long shallow dive <input type="checkbox"/> Breaststroke 25 yards <input type="checkbox"/> Sidestroke 25 yards <input type="checkbox"/> Elem. Backstroke for 100 yards <input type="checkbox"/> Butterfly kick 25 yards <input type="checkbox"/> Butterfly arms 25 yards <input type="checkbox"/> Flip Turn	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Front crawl 100 yards using turns <input type="checkbox"/> Back crawl 100 yards using turns <input type="checkbox"/> Standing dive from block <input type="checkbox"/> Long shallow dive <input type="checkbox"/> Breaststroke 25 yards <input type="checkbox"/> Sidestroke 25 yards <input type="checkbox"/> Elem. Backstroke for 100 yards <input type="checkbox"/> Butterfly 25 yards <input type="checkbox"/> Continuous swim for 7 minutes using all strokes and turns <input type="checkbox"/> Flip Turns

*NOTE:* Bobbers (not included in this spreadsheet), Floaters 1 (not included in this spreadsheet) and Youth 1 are beginner classes.) If the student is not comfortable in the water without a parent, the student should be signed up for a Parent/Child swim class such as Bobbers 1 or Bobbers 2. If the child has completed Strokers 3 and is not 8 years old, place them in Mini Swim Team Prep. Children ages 8 and above may enroll in Swim Team Prep after completing the skills in the Youth level classes.